

Serves: 4

Soto Ayam Madura (Clear Chicken Soup)

Ingredients

- Chicken, skinless 600g
- Lime leaf 5pcs
- 2 stalks Lemongrass
- Ginger 2 tbsp
- Turmeric 1 tsp
- Sunflower oil 1 tbsp
- Shallots 8 pcs
- Garlic 4 cloves
- Coriander 10g
- Water, for boiling 8 cups
- Water, for spice paste 1/4 cup
- Salt, to taste

Tips:

- For stews, soups or braised dishes, skim away fat or oil after cooking to maximise the healthfulness of the dish.
- Use fresh herbs and spices or low-sodium seasoning to enhance soup stock.

Nutrition Information (Per Serving):

Energy: 230kcal Carbohydrate: 7.0g protein: 35.5g Total fat: 5.8g Saturated fat: 0.9g Cholesterol: 87mg Dietary fibre: 0.4g Sodium: 403mg

Method

- Boil chicken with all the ingredients (except oil, shallots, garlic, and coriander) in water over medium-heat for 1 hour.
- Skim any foam or impurities from the surface.
- When the water is clear, lower the heat to medium-low and simmer.
- Meanwhile, prepare the spice paste by combining the shallots, garlic, coriander and ½ cup of water in a blender till smooth.
- Pour the spice paste into the wok and cook over medium-heat until most of the liquid has evaporated.
- Add oil and continue frying till fragrant, about 4 minutes.
- Add chicken and stock (from step 1-3) into the paste. Boil for 20 minutes.
- Remove the chicken from the soup and allow to cool before shredding the meat.
- Add the spice paste to the soup and continue to simmer for 20 minutes.
 Pour the soup through a sieve to make a
- Pour the soup through a sieve to make a clear soup.
- Pour over the shredded chicken and serve immediately.

